

May 2015 Meeting Minutes

The May meeting for AYHSC was held on May 7th, 2015 from 5:30-7:00pm at the Whittemore Robbins House.

In Attendance:

Adults: Ivy Laplante, Karen Dillon, Colleen Leger, Kathy Hirsch, Stephen Porciello, Bryan McCormick, Mike Leach, Paul Franzosa, Rebecca Wolfe

Students: Annie Keller, Sana Mohtadi, Rosella Aluia

I. Welcome

Introductions - Student Advisors and community members all introduced themselves and their respective roles in our community.

II. Old Business

April meeting minutes: Approve minutes from April. Kathy Hirsch moved to approve and Steven P seconded all approved minutes from our April meeting.

National RX Drug Abuse Summit: Ivy attended this summit from April 6-9th and spoke about some of the information she gained.

- Scientists are developing a long lasting Narcan (Opiate overdose reversal)
- Opiates for pain management are being developed to work only when ingested and not to be activated by snorting or smoking to reduce overdose and misuse.
- Patrick Kennedy's SAM (Smart Approaches to Marijuana) envisions a society where marijuana policies are aligned with the scientific understanding of marijuana's harms, and the commercialization and normalization of marijuana are no more.
Their mission is to educate citizens on the science of marijuana and to promote health-first, smart policies and attitudes that decrease marijuana use and its consequences.
- Keynote speakers spoke of reduced life satisfaction and an increase in psychosis among marijuana smokers.

Mouse Party:

In this interactive activity from the University of Utah, learn how different kinds of drugs alter the natural state of a mouse's brain. Alcohol, cocaine, ecstasy, heroin, LSD, marijuana, and methamphetamine change the communication pathways between neurons and affect neurotransmission:

<http://www.pbslearningmedia.org/resource/lsp07.sci.life.gen.mouseparty/mouse-party/>

Rosella watched it in an AHS science class and said that it was very effective.

Sticker Shock: On Wed. April 15th, Karen Ivy and four teens carried out Sticker Shock at Giles in East Arlington and Menotomy Beer and Wine. Annie reported that the project was really fun. The teens made some astute observations about how alcohol manufacturers try to appeal to youth (using color scheme on packaging similar to Coca-cola, cartoons etc...) the teens appreciated being able to walk around a liquor store and felt like the mystery of it was reduced.

III. Student Coalition Updates

Student Advisors Agenda Item: Sticker Shock

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Tobacco Mapping Presentation to the Health Inspectors:

On April 29th three teens from AHS presented their preliminary findings from the Tobacco Mapping Project to two health inspectors from the Board Of Health. Someone from Club 84 offices in Boston filmed the

May 2015 Meeting Minutes

meeting for use as a promotional tool for Club 84. The inspectors coached the teens and affirmed the connections between tobacco sales, use and public health. The next presentation is to the full Board of Health on May 20th.

Teens noted that there is much smoking outside of CVS and perhaps management can be approached. It was also noted that there are vaping tricks popular on the internet.

IV. Current Project Updates

A. AHS Student Intern Program: Arlington high will be launching an internship program for seniors next fall. The Coalition has applied for an intern to focus on social media outreach and other opportunities.

B. Prom Season:

With warmer weather comes an increase in teen gatherings and drinking at house parties and parks. The Coalition discussed how to connect to parents and remind them of Social Host Laws the Dangers of Teen Drinking and other relevant information. Coalition members decided the message should be concise. A reverse 911 call was discussed similar to those used for snow days. A "top ten reasons" email was determined to be the best route. Next year we would like to create bumper stickers and lawn signs.

IV. New Business

Student Advisor Appreciation Night: June 4th at 4:30 (Whittemore Robbins House)

HRC Summer 2015: Suggestions for Projects/Ideas working with Children. Carlene has worked with them in the past. This year it will be June 29-July 1

ARUM Student Presentation: 8 Middle School Students working with Kin Kay Holt presented their findings on Teen Depression and Stress. The students not only researched this topic but developed a measuring tool and a pilot program they have presented at the statehouse for legislation. They were a very impressive group of young people and did great work.

What's happening in Arlington?

Student advisors asked about direction helping friends who are using drugs or alcohol. How to approach and help them without offending? Some ideas included:

- Leading by example
- Providing facts and handouts
- Social Worker support at AHS
- Kids talking to kids in Advisory group
- Peer leadership

Meeting Adjournment

Next Coalition Meeting - June 4th, 2015 at 5:30pm - Whittemore Robbins House